

Turkey Chili and Corn Burgers

This version of sloppy joes, with sweet bell peppers, corn, onion and tomatoes, can also be spooned over brown rice or whole-wheat noodles.



Lean ground turkey is a fabulous substitute in almost any ground beef dish. Not only does this meal rank high for health and nutrition, it can be prepared in less than 30 minutes.

Ingredients:

- 1/2 pound lean ground turkey
- 1 large chopped onion
- 1 garlic clove, minced
- 1 large red or green sweet pepper, finely diced
- 1 can (15 ounce) corn, with liquid (no added sugar)
- 1 can (16 ounce) diced tomatoes, with liquid
- 1 Tablespoon chili powder
- Fresh ground black pepper to taste
- 4 whole-wheat sandwich buns or English muffins

Preparation:

In a skillet over medium heat, brown the turkey and drain fat, if any. Add the onion, garlic and red or green pepper. Saute about 5 minutes, until vegetables are soft.

Stir in corn with its own liquid, along with the tomatoes and their liquid, chili powder and black pepper. Simmer, uncovered, for 10 minutes or until most of the liquid has evaporated. Serve on buns or muffins.

Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 208

Fat 4.5 g

Saturated fat 2 g

Cholesterol 45 mg

Protein 15 g

Carbohydrates 27 g

Fiber 2.5 g

Sodium 215 mg

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